

THE COMPLETE GERMAN COMMISSION E MONOGRAPHS

THERAPEUTIC GUIDE TO HERBAL MEDICINES

*Developed by a Special Expert Committee of the German
Federal Institute for Drugs and Medical Devices*



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White Dead Nettle herb

Lamii albi herba

Weißes Taubnesselkraut

Published July 14, 1993

Name of Drug

Lamii albi herba, white dead nettle herb.

Composition of Drug

White dead nettle herb consists of the dried above-ground parts of *Lamium album* L. [Fam. Lamiaceae], gathered during flowering season, as well as preparations thereof.

Pharmacological Properties, Pharmacokinetics, Toxicology

Not known.

Clinical Data

1. Uses

Preparations of white dead nettle herb are used as supporting treatment for gastrointestinal discomforts, such as irritation of the gastric mucosa, feeling of fullness, flatulence, and for strengthening the intestines.

In combinations, preparations of white dead nettle herb are used for nervousness, nervous unrest and irritation, for sleep disorders, as a tonic, for relaxation and stimulation, during menopause, for all

kinds of female ailments, menstrual disorders, "blood purification," metabolic stimulation, support of gallbladder and liver function, tendency to gallbladder gravel, as an appetite stimulant, for neutralization of gastric hyperacidity, stimulation of digestion, flatulence, stimulation of pancreatic function, regulation of the blood lipid level, irrigation therapy for inflammatory and spastic bladder trouble, functioning capacity of the prostate, stimulation of cardiovascular system and blood circulation, dizziness, flickering of the eyes, tinnitus, increased blood supply to the heart, increased heart capacity, improvement of lymph flow and stimulation of lymph production, strengthening of the respiratory tract, dissolution of mucus, improvement in vitality and general weakness, especially after diseases and surgery.

2. Risks

None known.

Evaluation

Since the effectiveness for the claimed uses is not documented, a therapeutic application cannot be recommended.

[syn. *Corynanthe* Rubiaceae],

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Uses

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Yohimbe bark

Yohimbehe cortex

Yohimbeherinde

Published October 15, 1987; Revised February 1, 1990

Name of Drug

Yohimbehe cortex, yohimbe bark.

Composition of Drug

Yohimbe bark consists of the dried bark of the trunk and/or branches of *Pausinystalia yohimbe* (K. Schumann) Pierre ex Beille

[syn. *Corynanthe yohimbi* Schumann] [Fam. Rubiaceae], as well as preparations thereof.

The bark contains alkaloids. The main alkaloid is yohimbine.

Uses

Yohimbe bark is used for sexual disorders, as an aphrodisiac, and for feebleness and exhaustion.

The effectiveness of this herb and its preparations for the claimed applications is not documented.

Risks

Therapeutic administration of yohimbine can cause nervous excitation, tremor, sleep-

lessness, anxiety, increased blood pressure, and tachycardia, as well as nausea and vomiting. In case of existing liver and kidney diseases, yohimbe preparations should not be used.

Interactions with psychopharmacological herbs have been reported. Corresponding observations for preparations are not documented.

Evaluation

The therapeutic administration of yohimbe bark and its preparations is not recommended because of insufficient proof of efficacy and the unforeseeable correlation between risk and benefit.

Zedoary rhizome

Zedoariae rhizoma

Zitwerwurzelstock

Published July 6, 1988

Name of Drug

Zedoariae rhizoma, zedoary rhizome.

The effectiveness for the claimed applications is not documented.

Composition of Drug

Zedoary rhizome consists of the dried rhizome of *Curcuma zedoaria* (Christmann) Roscoe [Fam. Zingiberaceae], as well as preparations thereof.

Risks

None known.

Evaluation

Since the effectiveness for the claimed applications is not documented, a therapeutic use of this herb cannot be recommended.

Uses

Zedoary rhizome is used as a stomachic for digestive debility, colic and spasms.



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